



Watermelon Juice with Fleur de Sel

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



102 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon fleur del sel
- 3 pounds seeded/seedless watermelon seedless cut into 1-inch cubes (6 cups)

Equipment

- bowl
- sieve
- blender
- spatula

Directions

- Set a fine-mesh strainer over a large bowl and set it aside.
- Place the watermelon in a blender and blend until liquified, about 1 minute.
- Pour through the strainer into the bowl and scrape a rubber spatula against the inside surface of the strainer to push the juice through until only pulp remains. Discard the pulp. (You should have about 3 cups of juice.) Refrigerate until chilled, about 1 1/2 hours.
- Add the fleur de sel, stir, and serve.

Nutrition Facts

 **PROTEIN 7.18%**  **FAT 3.97%**  **CARBS 88.85%**

Properties

Glycemic Index:18.67, Glycemic Load:18.16, Inflammation Score:-8, Nutrition Score:6.9343478757402%

Flavonoids

Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg

Nutrients (% of daily need)

Calories: 102.06kcal (5.1%), Fat: 0.51g (0.79%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 24.32g (8.85%), Sugar: 21.09g (23.44%), Cholesterol: 0mg (0%), Sodium: 584.77mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Vitamin A: 1935.71IU (38.71%), Vitamin C: 27.56mg (33.4%), Potassium: 381.14mg (10.89%), Magnesium: 34.03mg (8.51%), Vitamin B6: 0.15mg (7.65%), Vitamin B5: 0.75mg (7.52%), Vitamin B1: 0.11mg (7.48%), Copper: 0.14mg (7.17%), Manganese: 0.13mg (6.54%), Fiber: 1.36g (5.44%), Iron: 0.82mg (4.56%), Vitamin B2: 0.07mg (4.2%), Phosphorus: 37.42mg (3.74%), Vitamin B3: 0.61mg (3.03%), Folate: 10.21µg (2.55%), Calcium: 24.17mg (2.42%), Zinc: 0.34mg (2.28%), Selenium: 1.36µg (1.95%), Vitamin E: 0.17mg (1.13%)